

LESSON PLAN

Kianna Jones – 1603365

TOPIC: Principles of exercise, health and physical activity		CLASS:	
DATE:	LENGTH OF LESSON:	NO IN CLASS:	
ABILITY/SPECIAL EDUCATIONAL NEEDS: N/A			
AIM OF LESSON: To outline the relationship between health and physical activity, recognising the components of physical fitness and identifying the factors which influence health and fitness.			
LEARNING OBJECTIVES: ■ To define health and physical activity and recognise the different relationships. ■ To recognise the importance of health and regular physical activity. ■ To identify the five components of health-related fitness and the factors influencing health and fitness.			
PREVIOUS KNOWLEDGE: None required			
ANTICIPATED DIFFICULTIES: Time management (45 minutes), technical issues with PowerPoint, YouTube and quiz			
RESOURCES/ EQUIPMENT REQUIRED: PowerPoint, pen and paper (mind map), laptop or phones for the online quiz			
HEALTH & SAFETY: No bags, wires of floor, class size			

PROFESSIONAL STANDARDS

Please note **WHEN and **HOW** relevant professional standards occur and are met:**

(Include detail of standard, not just a reference number)

The UK Professional Standards Framework for teaching and supporting learning in higher education will be demonstrated within this lesson plan. There are three different aspects to the framework, these include 'Area of Activity', 'Core Knowledge' and 'Professional Values'.

Areas of Activity

(A1) Design and plan learning activities, (A2) Teach and/or support learning and (A3) Assess and give feedback to learners.

I will plan and design (A1) a lesson plan using PowerPoint which will include different learning activities which will include mind map, Questioning, YouTube videos to watch and also an online quiz. (A2) teaching and supporting the learning by assess the student understanding and continuously giving feedback throughout the PowerPoint lesson and after the quiz at the end of the lesson (A3).

Core Knowledge

(K1) the subject material, (K4) The use and value of appropriate learning technologies including the videos and quiz , (K5) methods for evaluating the effectiveness of teaching, using an evaluation form.

The lesson will start with outlining the aims and objectives of the lesson and then going into research about the subject (K1) I will be using technologies such as a PowerPoint, YouTube videos and also a Kahoot Quiz (K4) and in order to evaluate the effective of the teaching I will be handing out an evaluation form for the student to fill in my the end of the lesson (K5).

Professional Value

(V1) Respect individual learners and diverse learning communities

The lesson will include different activities including group or partner work to define nutrition and eating healthy and therefore using different teaching and supporting and approaches that will consider the needs of the individuals and learning communities (V1).

CROSS-CUTTING ENHANCEMENT THEMES

Please note any cross-cutting enhancement themes are embedded in the lesson and **WHEN and **HOW** they are met:**

Cross – cutting themes include:

- Health conditions
- Skill related fitness components
- Barriers to physical activity
- Different types of athletes and exercises

These aspects are mentioned within the PowerPoint however I will not be setting out to teach these topics.

LESSON DETAIL:

STAGE	FOCUS	STRATEGY	TIME
INTRODUCTION		PowerPoint Lesson The topic – principles of exercise, fitness and health - Aims - Objectives	5 mins
DEVELOPMENT	Definitions of fitness, health and physical activity with Images of different types of athletes	Discuss and then ask the student what they think the definitions are? Also getting the students to draw a fit and unfit person	5 mins
	Importance of health and regular physical activity with facts List of benefits and also barriers The relationship between health and physical activity	Teacher Talk	5 mins
	Component of health -related physical fitness - Cardiovascular endurance - Muscular endurance - Muscular strength - Flexibility - Body composition (each component of fitness will also include a YouTube video with an explanation and the testing's for each)	Teacher Talk YouTube Videos for each of the components of fitness	10 mins
	Component of fitness mind maps	Task - Complete and discuss the mind maps working in pairs or individually, selecting the correct sports or physical activity for each component of fitness.	10 mins
		handout mind maps to complete – check with PowerPoint slides (self-mark)	
PLENARY / CONCLUSION	Check the students' knowledge /Check Objectives/ Feedback	Quiz online including 10 questions- Kahoot to promote engagement and encourage participation.	5 mins
		Any Questions? Self-evaluation sheet	5 mins

ASSESSMENT STRATEGIES USED (WHEN** and **HOW**):**

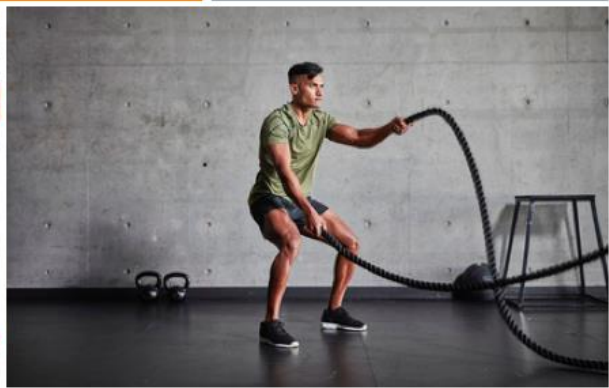
Quiz at the end including 10 questions on Kahoot, to ensure to aim and objectives have been met and the learners have understood the lesson.

INFORMAL LESSON EVALUATION:

(This section should be completed straight after the lesson)

Lesson evaluation sheet – handout – to gain feedback from the students

Exercise, Fitness and Health



Principles of Exercise, Fitness and Health

KIANNA JONES – 1603365

MICRO- TEACH 2

AIM

- To outline the relationship between health and physical activity, recognising the components of health-related fitness and identifying the factors which influence health and fitness.

LEARNING OBJECTIVES

- To define health and physical activity and recognise the different relationships.
- To recognise the importance of health and regular physical activity.
- To identify the five components of physical fitness and the factors influencing health and fitness.

WHAT IS HEALTH?

- Discuss in small group what you think the definition of health is?

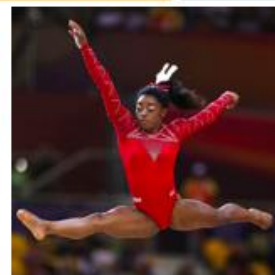
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- In 1948, the World Health Organization (WHO) stated that "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." WHO, 1948.
 - Physical Wellbeing - Physical wellbeing involves a healthful lifestyle to decrease the risk of disease.
 - Mental Wellbeing- Mental health is known as an individuals emotional, social, and psychological wellbeing. "Mental health is as important as physical health to the overall well-being of individuals"
 - Social Wellbeing - The ability to communicate, develop relationships with individuals , and maintain a support network that helps you overcome loneliness.

WHO. Strengthening mental health promotion. Geneva, World Health Organization, 2001: Fact sheet, No. 220.

WHAT IS FITNESS?

- Discuss in small groups or pairs what you think the definition of fitness is?
- Can you draw what you think a fit individual looks like and what an unfit individual looks like?

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- The term '**fitness**' is the ability to meet the demands to carry out daily tasks of life safely and effectively, without fatigue or undue stress.
 - Fitness involves everything from getting out of bed to hiking to performing CPR.



WHAT IS PHYSICAL ACTIVITY?

- Discuss in small group what you think the definition of Physical activity is?

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- World Health Organisation, (2019) stated that “Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure”.
 - Physical inactivity is one of the main causes for approximately 21–25% of breast and colon cancers, 27% of diabetes and approximately 30% of heart disease (WHO., 2019).
-

IMPORTANCE OF HEALTH AND REGULAR PHYSICAL ACTIVITY

Physical activity can reduce your risk of major illness such as heart diseases, stroke, type 2 diabetes and cancer by up to 50% % and lower your risk of early death by up to 30% %.

Adults aged 19 to 64 should:

- Aim to be physically active everyday, any activity is better than none.
 - Do strengthening activities that work major muscles including hips, legs, back, abdomen, chest shoulders and arms on at least 2 days a week.
 - Do at least 150 minutes of moderate intensity activity a week such as walking and cycling
 - Reduce time spent sitting or laying down.
-

LIST OF THE BENEFITS OF REGULAR PHYSICAL ACTIVITY

- Lower your risk of many long -term conditions
- Strengthening our bones
- Decrease the risk of injury
- Boost self esteem and confidence
- Weight management
- Improve your mood
- Improve memory
- Improve sleep quality and energy
- Reducing your risk of stress, depression and dementia.

BARRIERS TO FITNESS AND HEALTH

Despite all the benefits of physical activity many people struggle to start or to maintain an effective long- term exercise habit.

Common barriers include:

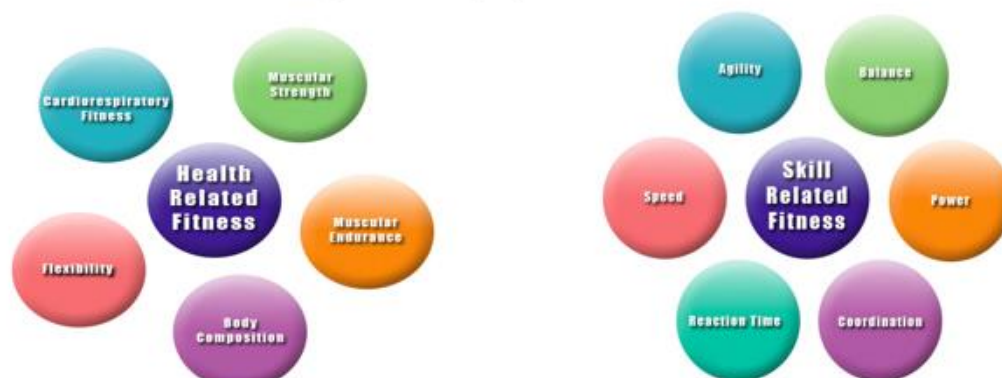
- Physical
 - Physiological
 - Financial
 - Time
 - Motivational
-

RELATIONSHIPS BETWEEN HEALTH AND PHYSICAL ACTIVITY



COMPONENTS OF HEALTH- RELATED PHYSICAL FITNESS

The 5 components of fitness are often used by school systems, health clubs and fitness centers to measure how fit we are. Total fitness can be defined by how well the body performs in each one of the components of physical fitness.



CARDIOVASCULAR ENDURANCE

“Cardiovascular endurance is the ability of the heart, lungs and blood vessels to deliver oxygen to your body tissues” (Adams., 2019). Therefore, the more efficiently your body delivers oxygen to its tissues, lower your breathing rate is.

You are improving this component when you are jogging, cycling, swimming, hiking, and walking.

<https://www.youtube.com/watch?v=D8dt10KICuQ>



MUSCULAR ENDURANCE

Muscular endurance is the ability of a specific muscle or group of muscles to perform repeated contractions over an extended period.

Muscular endurance training requires you to perform many repetitions at a lower weight than you would use for muscular strength. Exercises that assess muscular endurance include pushups, sit-ups, and pull-ups – all performed to a point of fatigue.



MUSCULAR STRENGTH

Muscular strength refers to the maximum force that can be generated by a specific muscle or muscle group.

<https://www.youtube.com/watch?v=IXGg2DcnF38>

You can train your muscles to be stronger by lifting heavy weights for a few repetitions. Exercises that focus on muscular strength include loaded squats, leg press, and bench press.



FLEXIBILITY

Flexibility is the ability of a joint or joint complex to work to its full range of movement. Posture is also an important part of an overall evaluation of health, lifestyle and functional fitness and linked closely with flexibility.

<https://www.youtube.com/watch?v=d1MkKSi5vUg>



Two common ways to improve flexibility are static stretching (holding a stretch for 30-60 seconds) and dynamic stretching (holding a stretch for a few seconds and repeating for multiple reps).

BODY COMPOSITION

Body composition, refers to the ratio of fat mass to fat-free mass in your body.

Fat-free mass includes muscle, organs, bone, connective tissue and water. Fat mass or body fat can be divided into two categories including essential fat and non-essential fat. Overall health generally improves when you have a lower amount of fat mass and higher amount of lean muscle mass.

<https://www.youtube.com/watch?v=61k7MmtoFFc>

The measurement of body composition is an important factor in assessing an individual's health and physical fitness. There are many health risks which are associated with being overweight including coronary heart disease, type 2 diabetes and certain types of cancers.

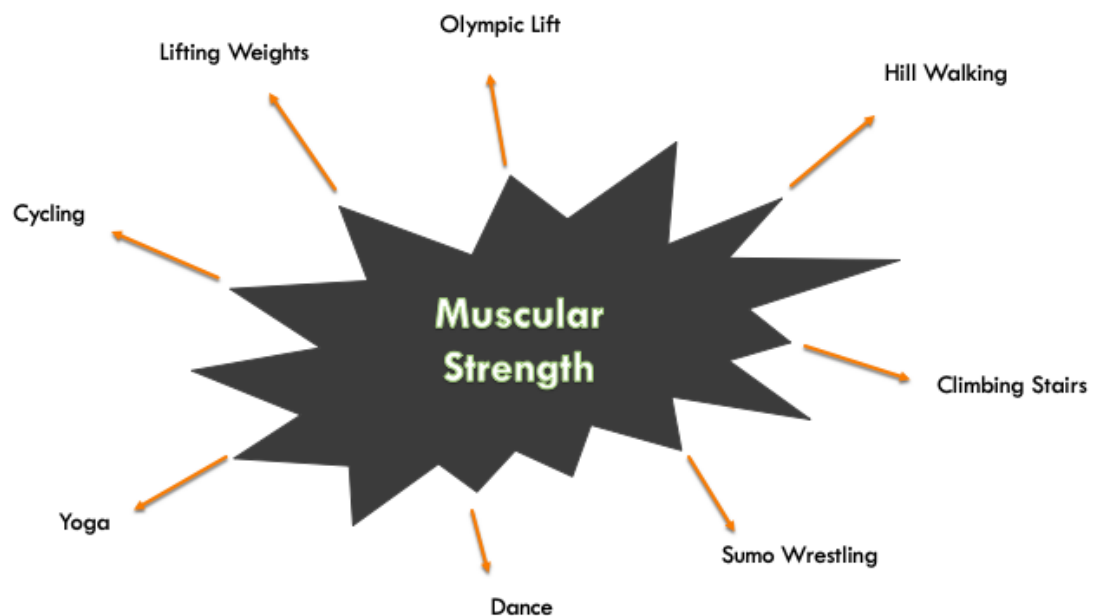
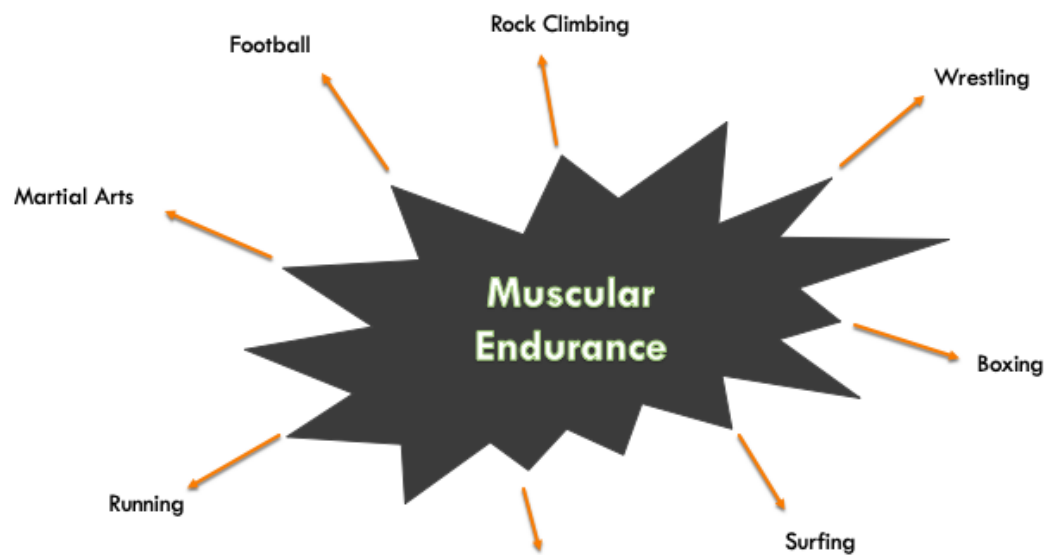
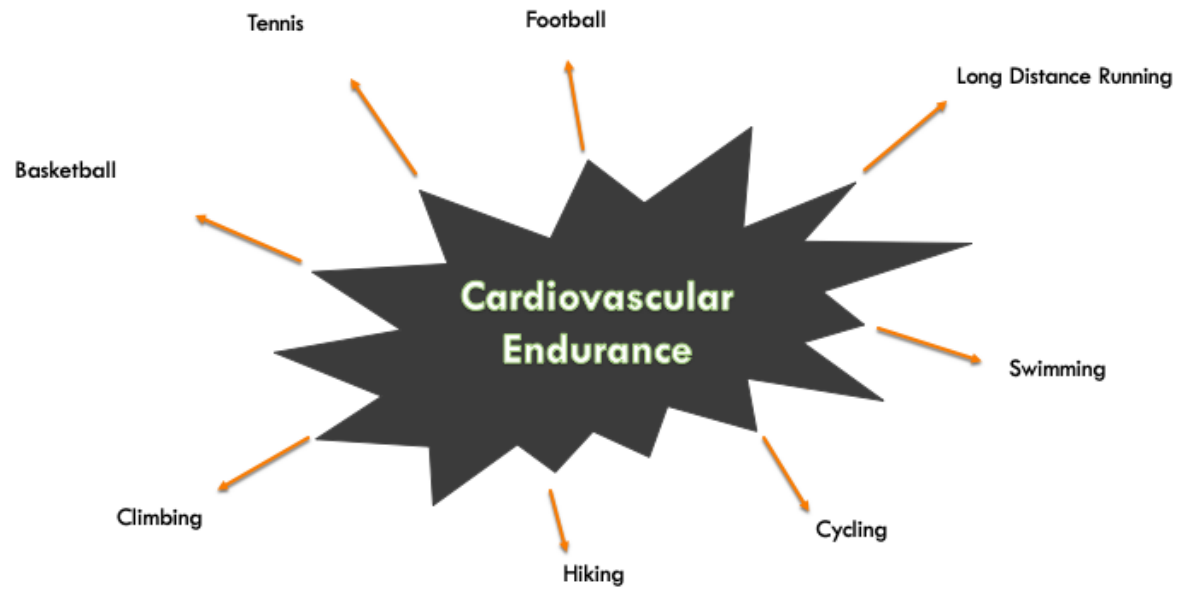


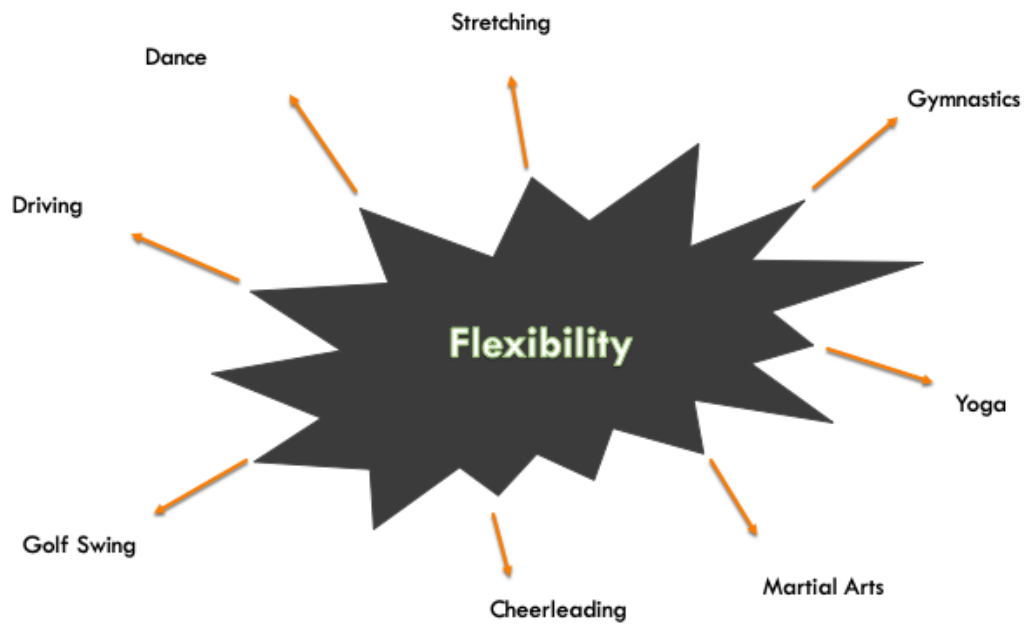
TASK!!

- Complete and discuss the mind map working in pairs or individually, selecting the correct sports or physical activity for each component of fitness.

Examples:

- Long Distance Running
- Hiking
- Gymnastics





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QUIZ

<https://create.kahoot.it/details/principles-of-health-and-physical-fitness/a6de1b76-90f6-40df-ac72-8ac39f5caad2>

SUMMARY

- AIM? - To outline the relationship between health and physical activity, recognising the components of physical fitness and identifying the factors which influence health and fitness.
 - OBJECTIVES?
 - To define health and physical activity and recognise the different relationships.
 - To recognise the importance of health and regular physical activity.
 - To identify the five components of physical fitness and the factors influencing health and fitness.
 - COMPONENTS OF FITNESS?
 - Cardiovascular Endurance
 - Muscular Endurance
 - Muscular Strength
 - Flexibility
 - Body Composition
-



REFERENCE LIST

- Adams, J. (2019). Alert Diver | Improving Cardiovascular Endurance. [online] [Alertdiver.com](http://www.alertdiver.com/Improving_Cardiovascular_Endurance). Available at: http://www.alertdiver.com/Improving_Cardiovascular_Endurance [Accessed 14 Nov. 2019].
- Davies, T. (2019). What Is Well-Being? Definition, Types, and Well-Being Skills. [online] Psychology Today. Available at: <https://www.psychologytoday.com/us/blog/click-here-happiness/201901/what-is-well-being-definition-types-and-well-being-skills> [Accessed 12 Nov. 2019].
- Felman, A. (2017). Health: What does good health really mean?. [online] Medical News Today. Available at: <https://www.medicalnewstoday.com/articles/150999.php> [Accessed 12 Nov. 2019].
- WHO. Strengthening mental health promotion. Geneva, World Health Organization, 2001: Fact sheet, No. 220.
- World Health Organisation. (2019). Global Strategy on Diet, Physical Activity and Health. [online] Available at: <https://www.who.int/dietphysicalactivity/pa/en/> [Accessed 12 Nov. 2019].

Video links

<https://www.youtube.com/watch?v=D8dt10KlCuQ>

<https://www.youtube.com/watch?v=IXGg2DcnF38>

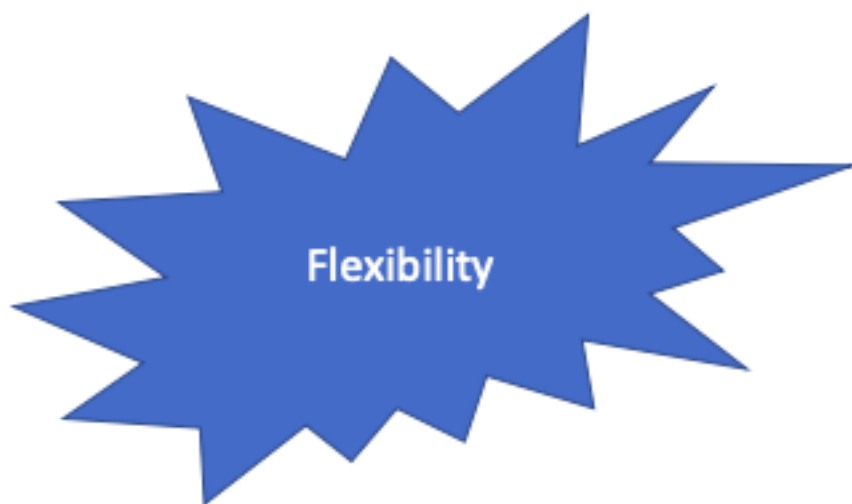
<https://www.youtube.com/watch?v=d1MkKSi5vUg>

<https://www.youtube.com/watch?v=61k7MmtoEEc>

Activity – Mind Map to complete

Name all the exercise for each of the components of fitness





Quiz – Kahoot

<https://create.kahoot.it/details/principles-of-health-and-physical-fitness/a6de1b76-90f6-40df-ac72-8ac39f5caad2>

Student Teacher Name: Kiana Jones Establishment: MATD, MICOTSOCH
Date: 19.11.19

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GRADE DISCRIPTORS (When compared with an experienced teacher)							Context of observation (e.g. class, ability, number of students; topic; main activities and organisation; set features)	
V.G. - Excellent awareness, understanding and application of different approaches to the planning and delivery of effective teaching, learning and training.							Health Endorse	
U. Needs attention through further development and improvement								
A SUBJECT KNOWLEDGE	1 accuracy of knowledge of subject matter	V.G.	G	S	U	General Notes and Comments: Planning and Preparation A well structured lesson the lesson plan is detailed and has clear learner outcomes and a lot of detail about Development/Delivery you have an excellent approach to how you teach very informative and engaging feedback. The lesson was well thought out and given that you were one of the last in the teacher, you did a great job carefully chosen materials. Extremely Pleasant / Congratulatory / Good feedback for Environment / Location of furniture & imaginative feedback / Assessment is done		
	2 understanding of context e.g. nature of work, programme of study	/						
B LESSON PLANNING AND PREPARATION	1 detail and structure of plan	V.G.	G	S	U			
	2 clarity and suitability of learning objectives	/						
	3 consideration of SPLDs, anticipated difficulties, health and safety, etc.	/						
	4 resources selected, prepared, organised	/						
	5 consideration of professional standards	/						
	7 consideration of appropriate risk-rating (enhancement theme)	/						
C DELIVERY	1 consideration of active learning, learner engagement and skills development	/						
D CLASS MANAGEMENT AND CONTROL	1 lesson start e.g. settling, signing, aims and objectives	V.G.	G	S	U			
	2 presentation involving, explaining, demonstrating	/						
	3 effective questioning	/						
	4 choice and variety of task activities	/						
	5 variety and suitability of teaching strategies/trials/activities	/						
	6 use of current technologies	/						
	7 pace of lesson, use of time	/						
E LEARNER ENGAGEMENT	1 learner ending e.g. summarising, creating key points, etc.	V.G.	G	S	U			
F CLASS MANAGEMENT AND CONTROL	1 behaviour and voice projection	V.G.	G	S	U			
	2 transitions - smooth	/						
	3 assessment, vigilance and intervention	/						
	4 use of praise and reward system	/						
	5 management of tasks / homework / group	/						
G MONITORING AND ASSESSING STUDENTS' PROGRESS	1 monitoring understanding and progress during lesson	V.G.	G	S	U			
	2 suitability of assessment strategies/methods/approaches	/						
H ASSESSING ACHIEVEMENT OF LEARNING OBJECTIVES	1 assessing achievement of learning objectives	/						
I GIVING FEEDBACK AND SETTING TARGETS FOR PROGRESS	1 giving feedback and setting targets for progress	/						
J EFFECTIVENESS	1 in setting high expectations for work	V.G.	G	S	U			
	2 in conveying enthusiasm and challenge to students	/						
	3 of student engagement and learning in class	/						
Observer Signature: Mrs Martinson Forgy								

19.11.19. Great use of mixed up / *Memoranda* (some used)

Evaluation form

Were the objectives of the lesson identified and were these met?

Yes

Was the delivery effective and clear? Handouts were used, were these useful?

Definitely

What aspects of the lesson did you find useful?

All of it, I learned a lot

What could have been done different from the lesson?

Nothing

What could be improved?

Any Comments?

Well done!

Thank you for your feedback.

Evaluation form

Were the objectives of the lesson identified and were these met?

Yes, discussing it during the presentation also on the end.
(summary)

Was the delivery effective and clear? Handouts were used, were these useful?

Clear and simply, for someone without
knowledge in relation with this, I found it
informative

What aspects of the lesson did you find useful?

different examples given.

What could have been done different from the lesson?

What could be improved?

was great in my opinion

Any Comments?

I found more flow while you were speaking
than watching the video. Mainly because of the way
he was speaking, with silent spaces.
Thank you for your feedback.

Your presentation was more
(coherent) and fluent to me.



Evaluation form

Were the objectives of the lesson identified and were these met?

Yes all objectives were covered throughout.

Was the delivery effective and clear? Handouts were used, were these useful?

Handouts definitely helped to aid the lesson and keep us involved in the lesson.

What aspects of the lesson did you find useful?

Repetition and use of constant asking questions to help me remember what has been discussed.

What could have been done different from the lesson?

What could be improved?

} Possibly include a practical element if possible. could be fun!

Any Comments?

Thank you for your feedback.

Evaluation form

Were the objectives of the lesson identified and were these met?

Yes

Was the delivery effective and clear? Handouts were used, were these useful?

It was very effective learn about Harmonic Body Composition

What aspects of the lesson did you find useful?

The Body Composition Fat vs Muscle

What could have been done different from the lesson?

It was perfect to me

What could be improved?

N/A

Any Comments?

well done!!!

☺

Thank you for your feedback.

Evaluation form

Were the objectives of the lesson identified and were these met?

Yes, clearly structured and identified.

Was the delivery effective and clear? Handouts were used, were these useful?

Nice clear slow pace of delivery.

What aspects of the lesson did you find useful?

The quiz helped reiterate the information we researched.

What could have been done different from the lesson?

*Would be lovely to do something outdoors or if
you can use the lesson again to try it outdoors
using active learning perhaps.*

What could be improved?

/

Any Comments?

Brilliant, Well Done! 😊

Thank you for your feedback.

Evaluation form

Were the objectives of the lesson identified and were these met?

Yes.

Was the delivery effective and clear? Handouts were used, were these useful?

Very clear

Went over things many times to get things over

What aspects of the lesson did you find useful?

Learning the 5 health aspects

What could have been done different from the lesson?

More active? Space and time would be an issue...

What could be improved?

Any Comments?

Really Good !

Thank you for your feedback.

